

# Guardian

Volume 12, Issue 2 Produced for Personnel of KFOR Multi-National Brigade (East) March 9, 2005



**WELCOME 6B**  
**TOA**

***Hellenic Sniper Training***



**If you don't know ground  
guide hand signals...**

**You are missing key  
pieces to mission safety**

**SAFETY FIRST**

**This message brought to you by Task Force Falcon Command Information**



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March 9, 2005

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PHOTO BY SGT. 1ST CLASS BOBBY GRISHBY

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**On the Cover:** Lt. Gen. Yves de Kermabon, Commander Kosovo Forces, presides as Brig. Gen. William H. Wade II assumes command of MNB (E) during the Transfer of Authority ceremony held at Camp Bondsteel, March 6th.

COVER PHOTO BY 1ST SGT. WILLIE F. JONES

## A word from the new CG

Peacemakers of Task Force Facon the moment we have all been training for has finally arrived. As of 1 March 2005, we are Multinational Brigade East. No more command post exercises, no more STX lanes, and no more deployment training. We are now a forward deployed, fully operational peacekeeping force here to assist in ensuring the continuation of peace and stability throughout our area of responsibility.

With this new assignment comes added responsibility and expectations. For the last several months I have watched with amazement as this organization evolved from a mix of unfamiliar and disparate units to what it is today -- a premier peacekeeping force. I have no doubt that if each of you approaches this mission with the same dedication to excellence, motivation and can-do attitude as you demonstrated during our train up, our deployment to Kosovo will be a resounding success.

In order to achieve what is expected of us, we must be committed to this internationally vital mission. This means we will always place the mission first and will never accept defeat. We will never quit. We are disciplined, physically and mentally tough, trained and proficient in our warrior tasks and drills. We are experts and we are professionals. We are the guardians of freedom and the American way of life. *We are* American Soldiers-and as such- are expected to live and practice the Army Values everyday.

While the Soldiers Creed will guide us to mission accomplishment, Army values will sustain us along our journey. The universal Army values of loyalty, duty, respect, selfless service, honor, integrity, and personal courage are the pillars we must rely on to successfully carryout this difficult and complex mission.

*Loyalty:* requires us to bear true faith and allegiance to upholding the

Constitution and the rule of law – for everyone – regardless of religion, race, or ethnic background.

*Duty:* requires us to fulfill our obligations and accept responsibility for our own actions and the actions of those entrusted to our care. *Respect:* requires us to treat everyone with dignity – both personally and professionally – as we expect to be treated in return.

*Selfless Service:* requires us to put the welfare of others above all else – requiring discipline, self-control, and faith in the system.

*Honor:* requires us to live these values in every way, in everything we do, and with everyone we meet and deal with – working together for what is right and fair for all concerned.

*Integrity:* requires us to always do what is right – legally and morally – regardless of whether someone is watching. Integrity is the moral compass that keeps us on course.

And, *Personal Courage:* The ability to face fear, danger, or adversity – both physically and mentally – in order to do the right thing, placing others' welfare above our own.

We do not approach the tasks before us lightly. We know full well the complexities that lay ahead. However, we will not shy away from confronting issues because the risk of failure is high or the possibility of success low.

The people of the United States and our NATO allies sent us here to accomplish a mission – a mission that we will fully perform to the best of our abilities.

As Task Force Falcon embarks on its year in Kosovo, deeds – not words – will determine our ultimate success and will be the mark by which we will be judged. For the next year, *Failure is not an option and mediocrity is not acceptable* for the soldiers of Multinational Brigade East.

"Six nations-one purpose: peacemakers"

# Guardian

Produced for Personnel of KFOR Multi National Brigade (East)

COMMANDING GENERAL, MNB(E)  
BRIG. GEN. WILLIAM WADE II

PUBLIC AFFAIRS OFFICER, MNB(E)  
AND COMMANDER, MPAD FALCON

MAJ. MICHAEL WUNN

EXECUTIVE OFFICER, MPAD FALCON  
CAPT. CHRISTIAN PATTERSON

PUBLIC AFFAIRS LIAISON OFFICER  
PRISTINA

1ST LT. MELANIE MEYER

DETACHMENT 1ST SERGEANT

1ST SGT. WILLIE JONES

MANAGING EDITOR  
SGT. 1ST CLASS JOHN MAKAMSON

EDITOR/LAYOUT EDITOR  
SPC. ALICIA DILL

WEBMASTER  
STAFF SGT. DAVID KYLE

JOURNALISTS  
STAFF SGT. DAVID KYLE  
SPC. LYNETTE HOKE

CAMP MONTEITH TEAM OIC  
2ND LT. TIMOTHY MILLS

MEDIA OPERATIONS NCO  
SGT. 1ST CLASS DUFF E. McFADDEN

BROADCAST JOURNALISTS  
STAFF SGT. SARA MANISCALCO  
SPC. CATIE BECK  
SPC. BENJAMIN HOUTKOOPER

OPERATIONS NCOIC  
SGT. 1ST CLASS BOBBY GRISHBY

PRINTING  
DINOGRAPH

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# Quicktime

## Army team takes 13th spot in Daytona 500

Joe Nemechek drove the Army's 01 Chevrolet to a 13th place finish in the Daytona 500.

The 47th running of "America's Race" was a wild one, with 11 cautions, 22 lead changes and an overtime "green-white-checker" finish at lap 203 that enabled Jeff Gordon to collect his third Daytona 500 victory and his 70th NEXTEL Cup career win.

Following Gordon in the second spot was Kurt Busch, the reigning NEXTEL Cup champion. Rounding out the top five were Dale Earnhardt Jr. in third, followed by Nemechek's teammate Scott Riggs in fourth. Jimmie Johnson came in fifth.

The Army's entry started the race in the 34th position and struggled in the early part of the race.

"We never had the rhythm today," said Nemechek. "We had a couple of great runs and then I messed up by sliding through the pit box twice."

The first time that happened NASCAR assessed a one-lap penalty that dropped Nemechek a lap down. A for-

tunate caution a few laps later enabled Nemechek to get a "luck dog" pass and get back on the lead lap with the rest of the field.

Clever pit strategy and several strong pit stops kept "Front Row Joe" in position



to move to the front of the pack. An especially quick stop at lap 65 enabled the Army car to gain 14 positions. And a 14-second green flag stop at lap 138 moved him forward several more spots and into the lead for two laps.

But for much of the day, Nemechek

remained stuck in the middle of the 43-car field.

"We were all over the map," said Nemechek. "It seemed that we were always battling back from the rear of the field."

Throughout the afternoon, crew chief Ryan Pemberton issued clear instructions to his team, telling them to stay focused and shake off their problems. A decision to take four tires at lap 184 proved potentially decisive, giving only Nemechek and Rusty Wallace fresh rubber among the top 15 contenders.

For a while, it looked like Nemechek would use that advantage and work his way to the front. But it was not to be.

"There at the end, I

thought I was going to salvage

this race with a top ten or even a top five finish, but I couldn't pick the right lane and got passed by too many cars," said Nemechek.

"We're a much better superspeedway team than we showed today." ★



All photos courtesy of U.S. Army



## OneStop: Web source for housing information, services

Whether a Soldier is on permanent-change-of-station orders or considering a new assignment, getting a variety of information about his next duty station is only a click away.

The Army Housing OneStop Web site at [www.onestoparmy.com](http://www.onestoparmy.com) now has more than 2,200 family housing plans and 5,500 family housing photos from 96 Army installations for viewing, as well as a wide variety of links to popular sale and rental search sites, said Debbie McMullan, a housing program analyst for AHOS. "Deep links" to the areas surrounding the installation are provided when possible, she said, to help customers who are not familiar with their new PCS location.

AHOS has combined the best features of PCS House Express, live data from HOMES (Housing Operations

Management System), Web pages from installation and/or Residential Communities Initiative Partner Web sites, and content from existing customer service kiosks to deliver a uniform, easy-to-navigate, user-friendly format to provide Soldiers and their families with a world class system for obtaining housing information, said AHOS officials.

This is a tool created specifically to assist the Army family. It is the place everyone needs to start when looking for housing information and or services, said McMullan.

It is a place for Soldiers and family members to go no matter where they are headed.

Other updates to the site, since its launch in October 2003, include "Virtual Reality Tours" for featured family

housing, online housing applications for installations that accept them, and more specific local area information like schools, churches, and spouse employment opportunities.

"If what you need isn't there, send an email to the AHOS Web master and appropriate action will be taken, McMullan said. HQ (Headquarters) Army Housing is committed to providing a top quality, standard level of customer service to each and every Soldier, no matter what installation."

McMullan said the Army Housing OneStop Web page received close to 2 million visits from 600,771 visitors in 2004 and that floor plans, photos, policies and other frequently asked questions for unaccompanied personnel housing are scheduled to be added to the site in the near future. ★





PHOTO BY WARRANT OFFICER DIMITRIOS MITROU

Above, Pvt. Athanasios Tsibas, Hellenic sniper waits in the brush for his next target. Camouflaged by his natural surroundings makes his qualification a little bit colder than usual.

## Training on target

*Story by Spc. Alicia Dill*

The hush of the forest was all around and the stillness of the way he moved was so quiet, it was deadly. With only a slight hand signal from his commander, he was ready to engage and did. Out of the trees a shot rings out, breaking the silence. One shot, target down, mission complete and the sniper is gone without a trace.

One way to do the best job is to train and to do so often. This is exactly what Soldiers from the Hellenic and Armenian sniper teams did with the help of Task Force Shield on January 30th.

Already trained as snipers by the Hellenic Army, this was one day where the Soldiers could refine their skills by

zeroing and qualifying with their weapons. The difference with this training was working together with Task Force Shield and the Armenian sniper team in a new environment, said Pvt. Lampros Kaffes of the Hellenic Army.

"It was important to me because I had the chance to gain more experience working along with the U.S. Soldiers and the Armenian Soldiers and also we zeroed our weapons in a proper way," said Kaffes.

To qualify, the standards



PHOTO BY WARRANT OFFICER DIMITRIOS MITROU





PHOTO BY PVT. ATHANASIOS TSIBAS

Front left, Warrant Officer Dimitrios Nitrou, Pvt. Nicolaus Tigiridis, Pvt. Athanasios Tsibas and Pvt. Georgios Tripas, the Hellenic Sniper team moves along to their next objective.

were different, said 1<sup>st</sup> Lt. Ioannis Tsamitros, Hellenic Army. “You had to be very accurate,” he said. A buddy team of snipers worked together and accomplished qualification as a team. One would be the shooter and the other would be the coach. The platoon leader was present at the end to check over the targets and determine qualification, said Tsamitros.

A challenge for the Soldiers were estimating the distance to the targets. The sniper would first zero his weapon at distance of 100 meters and then for qualification the targets would vary.

Also, a proper zero is affected by the weather. For example, a weapon zeroed in the winter would not be accurate in the summer, said Tsamitros.

With all eight Soldiers qualifying, the success of the training secures other sniper training exercises in the future, he said.

All of his training makes this Soldier a better sniper and a stronger asset



PHOTO BY WARRANT OFFICER DIMITRIOS NITROU

Pvt. Athanasios Tsibas conceals himself in the woodline and prepares to engage for qualification.

to his sniper team.

As he continues to perform his duties successfully, he remembers how

much preparation and training it has taken for him to reach this point, on target always.

## Classes start at Education Center

*Advancement towards your degree is closer and more affordable than you think.*

Students study for their Spanish class which is offered at the Laura Bush Education Center.



PHOTO COURTESY OF LAURA BUSH EDUCATIONAL CENTER

**W**ant to get an education cheap? Here's how. For almost five years, the Laura Bush Education Center, located in South Town of Camp Bondsteel, has been offering United States Kosovo Force (KFOR) Soldiers the opportunity to continue their education. Many colleges are represented at the center, including University of Maryland University College Europe and Embry-Riddle Aeronautical University.

Registering for classes is simple, according to Jeff Pouncy, the Education Services Officer. First, speak with one of the counselors at the center, who will explain the different program options available. Next, look at the available courses, and finally, decide how to pay for the classes.

Here's the cheap part. All deployed enlisted soldiers (who don't already have a bachelor's degree) are eligible for 100% tuition assistance. The tuition assistant program can pay tuition for all regional or national colleges in the United States. The maximum amount a Soldier can receive per semester hour is \$250; the student pays any additional cost. Students may use GI Bill benefits

to pay the difference. Soldiers have a calendar year tuition cap of \$4,500, added Pouncy, and must cover any additional costs.

There are specific rules for tuition assistance, so see an education counselor for all the pertinent details. In addition, Soldiers who fail a class may have to reimburse the Army for the cost of the class.

Once the course has been paid for, Soldiers can concentrate on learning.

"We choose courses that meet the education level of the people we serve," said Pouncy. "We choose mostly general education classes that would be found in the Soldier's first or second year." To better serve the educational needs of the Soldiers, classes that have the highest chance of transferring to other schools are chosen.

### University of Maryland University College Europe

"UMUCE provides academic opportunities to military members, family members, and civilians stationed overseas, whether beginning or continuing their education," said Mutt Radig, Senior Field Representative of UMUCE. "The goal of UMUCE is to

provide higher education to students who may already have substantial commitments to their careers and families,"

The UMUCE academic year starts in mid-August and ends in July the following summer, said Besa Sadiku, a UMUCE Field Representative. She added that students could start in any of the five terms offered each year. Many courses carry three credit hours and meet three hours a night, twice weekly. Other courses are scheduled four days a week, or on alternating weekends.

"As long as the government is paying for it, you might as well take the classes," said Radig. "The way I see it, there are two (other) things to do here: go to the gym or the movies—and both get old pretty quick. Might as well go to class. Especially in the winter."

### Embry-Riddle Aeronautical University

Embry-Riddle Aeronautical University (ERAU), offers a Professional Aeronautics degree program. Conceived and developed specifically for people who have already established and progressed in an aviation career. The curriculum is designed to build on the knowledge and skills acquired

*See Education, page 22*



## Vitamins; Choices that matter

*With the many choices available in vitamin supplements you may find it hard to decide what your body needs and how to get it.*

Spc. Catie Beck, broadcast journalist from Public Affairs Office contemplates the many varieties of vitamin supplements.



PHOTO BY SPC. ALICIA DILL

Working long hours at the 24-hour operating Emergency Medical Technician center at the Troop Medical Clinic it is not unusual to get stressed out and become tired. This is true for Staff Sgt. Tina Romero, medic and Non-Commissioned Officer in Charge of the EMT center however one way she fights back is by taking her vitamins and eating a balanced diet.

Some of the most important vitamins which are needed to stay healthy are already in the foods you eat every day. With many different choices available in the dining facility there are things besides taste you may want to consider, like what you need to put into your body.

By understanding your body and the vitamins it needs to stay healthy, you can help improve your performance on the job and during workouts. Having a balanced diet and the proper nutrition may also prevent diseases.

The food pyramid gives a base to develop a healthy diet. Building on it by breaking down the choices in each

food group is one way to get the most beneficial vitamins you need.

For example, instead of eating white rice you may want to choose brown rice because it has more vitamins. You are still eating by the food pyramid's structure but you're being conscious of the benefits of everything you're eating.

First of all it is important to understand how vitamins work inside the body.

Vitamins help regulate metabolism, convert fat and carbohydrates into energy and assist in forming bone and tissue. Several vitamins work together to control many processes within the body. When a person is lacking the required amount of vitamins, this can upset the internal balance or block one or more metabolic reactions.

Vitamins and minerals are micro-nutrients which help maintain cell integrity and function. Research shows lack of vitamins and minerals in the diet may increase disease progression.

Now that you understand how they work, it is necessary to know what each

vitamin does.

One of the main vitamins is Vitamin A, which is needed for healthy skin and works within the immune system. It also helps the digestive tract and is believed to slow aging. A significant source of Vitamin A is Beta-carotene which also acts as an anti-oxidant. Another main vitamin is Vitamin D, which helps with bone growth and promotes strong teeth. So, Mom was right about drinking your milk.

Vitamin E is an antioxidant which protects cells from oxidation and is useful in preventing blood clots. It also is known to increase stamina and endurance.

A popular vitamin is Vitamin C, which is believed to be a cure for many diseases and problems, from cancer to the common cold. It is needed for healthy gums and helps heal tissue from wounds and burns.

A group known as B Vitamins each have their own roles which work inside the body. They are usually found together in certain foods. These include

*See Vitamins, page 23*



PHOTO COURTESY OF SPC. AMY SCHROEDER AND SPC. KIMBERLY GORMAN

Spc. Amy Schroeder and Spc. Kimberly Gorman pose for a picture with a family who was assisted by Civil Affairs earlier this year.

## What Makes the Army: Soldiers

From Green Bay, Wisconsin to various corners of Iraq to Camp Bondsteel, Kosovo; two Civil Affairs Specialist from the 432nd Civil Affairs Battalion talk about why they enjoy their jobs regardless of where in the world they are.

**Guardian:** What made you want to join Civil Affairs?

**Gorman:**

I initially joined as a cook, but I reclassified into Civil Affairs about March 2003. I joined so that I could travel and after I heard that cooks don't travel, I was bummed! When my unit was going to get deployed to Iraq, I wanted to be deployed with them and experience the culture and the people.

**Schroeder:**

I fell in love with Civil Affairs. I

told my recruiter that if you don't give me Civil Affairs, I'm not joining. I wanted to travel. I joined the reserves verses active duty because I wanted to go to college.

**Guardian:** Which one of the Army value(s) do you use the most with CA?

**Gorman:** I think it would have to be respect. I think that it is important in Civil Affairs because you have to respect all people, because of their different culture's traditions and other things that we may not be accustomed to.

**Schroeder:**

I would have to say loyalty and respect. I say this because in order to be successful at our job one needs to gain the respect of the people that we are working with. By being loyal to the people and treating them just like you

would your friend, that is how you can make these ties with the local populace. People help their friends so by doing this, we are more likely to have the support of the local populace.

**Guardian:** What is the most rewarding part of your job?

**Gorman:** Working with the locals is what I like the most. We are teaching these people government. Humanitarian assistance and rebuilding governments is a great thing to be apart of. Being able to help others work towards some of the same freedoms that we enjoy in the United States. Seeing these people working together to make a better life for themselves and others

**Schroeder:**

I love interacting with the kids.



Name: Amy Schroeder  
Rank: SPC  
Birthdate: June 10th, 1984  
Born in: Green Bay, WI  
Unit: 432nd Civil Affairs Battalion  
in Green Bay, WI

Spc. Amy Schroeder from 432th Civil Affairs Battalion in Green Bay, Wisconsin holds a young child who was assisted by Civil Affairs. Civil Affairs takes part in many humanitarian missions such as facilitating shelters with food, clothes, supplies and toys for small children.



PHOTO COURTESY OF CIVIL AFFAIRS



PHOTO COURTESY OF CIVIL AFFAIRS

Spc. Kimberly Gorman from 432th Civil Affairs Battalion in Green Bay, Wisconsin poses with a young girl that was part of a family that recieved necessary supplies from Civil Affairs.

Name: Kimberly Gorman  
Rank: SPC  
Birthdate: March 22, 1983  
Born in: Waupaca, WI  
Unit: 432<sup>nd</sup> Civil Affairs Battalion in  
Green Bay, WI

That is what makes my day. Right now I am leaning towards continuing my education when I get back to become an elementary school teacher.

**Guardian:** What kind of advice what you want to give someone that would want to go into Civil Affairs?

**Schroeder:** I would say that you would have to be a people person. You have to know how to how to be able to communicate well with others. It's not a really hard job to learn. You really

have to know how to care for others. You have to know how to be aware of people's needs. You have to know how to word things. You can't promise people anything, because they may take it a different way.

For example, we had Marines who were infantry in Iraq who wanted to go out and do missions with us. Anyone can do Civic Affairs missions.

**Gorman:** Go for it. ★



Command Sgt. Major William Clark Jr. leads the 40th Infantry Division colorguard during the March 6th Transfer of Authority ceremony at Camp Bondsteel.

PHOTO BY 1ST SGT. WILLIE F. JONES





PHOTO BY SGT. 1ST CLASS BOBBY GRISHBY

Brig. Gen. Tod J. Carmony, outgoing MNB(E) commander, Lt. Gen. Yves De Kermabon, commander Kosovo Forces, and Brig. Gen. William H. Wade II, incoming MNB(E) commander display their drill and ceremonies skills during the March 6th TOA.

# Transfer of Authority 6B

Story by Capt. Christian Patterson

The March 6th Transfer of Authority (TOA) ceremony between the incoming 40th Infantry Division (ID) and the outgoing 38th ID is unlike any of the previous 10 held within Task Force Falcon.

It marks the first time that U.S. KFOR Soldiers will be on the ground for one year—twice the amount of time as their predecessors.

"The American Soldiers of KFOR 6B are uniquely suited for this mission," said Brig. Gen. William Wade II, the new commander of MNB(E) and of the division's 3rd Brigade. "Our extensive experience as citizen soldiers of the National Guard and Reserve forces of the United States has prepared us for the important tasks that lay ahead."

The 40th ID and its supporting units have had plenty of training to prepare for those challenges. While onlookers listened to the patriotic sounds of the Headquarters, United

States Army Europe Band, many of the "Peacemakers" reflected on the past 150 days prior to TOA. The division Soldiers endured months of planning, preparation and exercises at Fort Lewis, Wash. and the Combat Maneuver Training Center at Hohenfels, Germany. Those investments of time and energy have paid big dividends for the 40th as they begin to maintain a safe and secure environment in Kosovo.

"The key lesson learned over the past five months is that we will work in a complex environment with no easy answers," said Lt. Col. Tim Swann, primary staff officer for MNB(E) operations.

"The maneuver forces trained hard while mastering the rules of engagement, crowd riot control techniques, and how to effectively communicate with the local population. The tough, hands-on, performance oriented training our Soldiers conducted has

prepared them well for their assignment here in Kosovo."

But perhaps the best experience that the Sunburst Soldiers bring to the Balkans is from their past work with natural disasters and civil unrest—most notably, the Los Angeles (L.A.) Riots in 1992.

Col. John Harrel, the 40th ID Chief of Staff, remembers his service during the unrest. When the California attorney served as the commander of the 1st Battalion, 185th Armor.

"We were responsible for riots suppression and for the protection of five or six shopping areas south of the L.A. Coliseum," said Col. Harrel.

"My unit supported the local police presence. We weren't there with shields. We had fixed bayonets and were ready to respond to any situation," the L.A. native recalled.

"That experience will help us 'if needed' here in Kosovo because it gave us experience in coordinating with

*See TOA, page 22*



Staff Sgt. Jeff Truex from San Jose, Calif., and an EOD team leader with the 787th EOD, watches carefully as fellow team member, Sgt. Timothy Hickey, a native of Noble, Okla., prepares a spool of wire which will be used to help set-off explosives to destroy captured munitions found in the MNB(East) sector.

# 787th Blasts off on new mission

*Story and Photos by Sgt. First Class John Makamson*

Land mines, firearms, rocket-propelled and fragmentation grenades are just a few of the dangers the 787th Explosive Ordnance Disposal (EOD) unit is seeking to find in Kosovo. Their job is to neutralize these hazardous devices and maintain a safe and secure environment in the Multi National Brigade (East) sector.

As a member of the 787th EOD, Cpl. Anthony Salvo, has the responsibility of disposing of the weapons and munitions surrendered to KFOR or found in the sector. The EOD team is on-call 24 hours a day, seven days a week, to dispose of the illegal weapons and munitions.

"We definitely provide a service that the people of Kosovo need," said Salvo, "There is still some unexploded ordnance out there. If it gets into the wrong hands, it would not be good."

To help them accomplish this mission, the Soldiers use an array of tools. Some are as sophisticated as a portable x-ray machine and a laptop computer, or as simple as a shovel and pliers.

Despite all the technology available to today's EOD technician, such as robotics and electronic mine detectors, most of the Soldiers prefer a series of simple tools; detonator, wire and blasting caps. With lessons learned dating back to World War II, the Soldiers still practice safety first. Experience and safety are the tools that help keep both KFOR personnel and the people of Kosovo safe.

When preparing for the destruction of these munitions, the team usually stacks the weapons in holes to help contain the fragments and the blast wave. Once it's all placed in the hole, either C-4 or Datasheet explosives are placed on top. The explosives are then wired to electric blasting caps and radio receivers for remote detonation.

On a recent mission they were destroying mortar shells and hand-grenades. Once everything is wired and with three shouts of "Fire in the Hole" and a large boom, a black pillar of smoke rises from EOD hill.

The EOD team makes Kosovo a safer

and secure place with less weapons and munitions on the street. These destroyed mortar shells will no longer have a chance to kill a KFOR Soldier, a Kosovo citizen or their children. EOD is determined to help in its efforts to protect everyone from these hidden killers.

"This is my first deployment, I'm looking forward to the year ahead," said Sgt. Timothy Hickey a native of Noble, Okla., and a member of the 787th EOD.

"I joined EOD to make a difference. We do a lot of dangerous tasks that other people don't want to do," said Hickey. "It makes me feel good, especially when I see the little kids. They walk and play everywhere. I get to help people instead of setting on my couch at home. Being here, I can make a difference," said Hickey.

The team just eliminated an estimated 30 pounds of munitions in one blast. The blast could be heard from everywhere on Camp Bondsteel. The blast that rang out from EOD hill, signaled to all that the 787th EOD has arrived in Kosovo to take care of business.





Staff Sgt. Jeff Truex from San Jose, Calif., and a team leader with the 787th EOD, places demolition charges on top of captured munitions found in the MNB(East) sector. Truex and other members of the 787th are committed to keeping their sector free of unexploded ordnance. The team destroyed an estimated 30 pounds of munitions during a recent mission.





Spc. Martin X. Quesada (left) and Spc. Tri D. Van (right) provide overwatch security and monitor communications from a M113A3 at a vehicle checkpoint during a Task Force Sidewinder cordon and search operation in Gnjilane/Gjilan. Both soldiers are members of 3rd platoon, A company, 578th Engineer Battalion.

# KFOR





A platoon with Task Force Sidewinder lines up to leave the wire for a morning patrol of Gnjilane/Gjilan during the Mission Training Exercise at Hohenfels.

# Right Attitude, Hard Work

*Story and Photos by Staff Sgt. R. David Kyle*

With Ft. Lewis and the Mission Readiness Exercises (MRX) in the rear-view mirror, soldiers of Task Force Sidewinder are now sitting in the driver's seat. This cohesive California team is driving the KFOR mission forward. Topped off with the fuel of hard work and a lot of training, this "viper" is ready to roll.

In preparation for the mission in Kosovo, elements of the task force began their training for the deployment as early as October 2004. For C Company, 1-160<sup>th</sup> Infantry this meant Bradley gunnery training at the Yakima Training Center (YTC) in Washington.

"We have been given the mission as the task force rapid reaction force," said Capt. Christopher C. Silva, Commander of C Company 1-160<sup>th</sup> Inf. "We had to mobilize ahead of the rest of the Task Force to accomplish the training for it."

All 14 Bradley crews in C Company qualified during some of the worst weather the YTC has to offer. Rain, snow, wind, and extremely cold tem-

peratures provided an opportunity for the soldiers and leaders to forge the attitudes needed in Task Force Sidewinder.

Sgt. Jaime Hernandez, Bradley Commander with Task Force Sidewinder and his crew make up one of those 14.

"We want our families to know we are training and working hard to do the best job we can," said Hernandez. "We want to do the job right."

These attitudes were the necessary foundation for Hernandez and his Bradley crew.

The gunner and driver were both new to their positions, but were willing to work hard and give what it takes to be successful.

"We worked well as a crew because we spent countless hours training," said Spc. Brent A. Davis, Bradley Gunner. "We helped each other."

Some members of the team such as driver Spc. Noel R. Jaraba had never been on a Bradley before joining Sgt. Hernandez's crew.

Their dedication to train and work

hard paid off when they qualified with the highest score in the company.

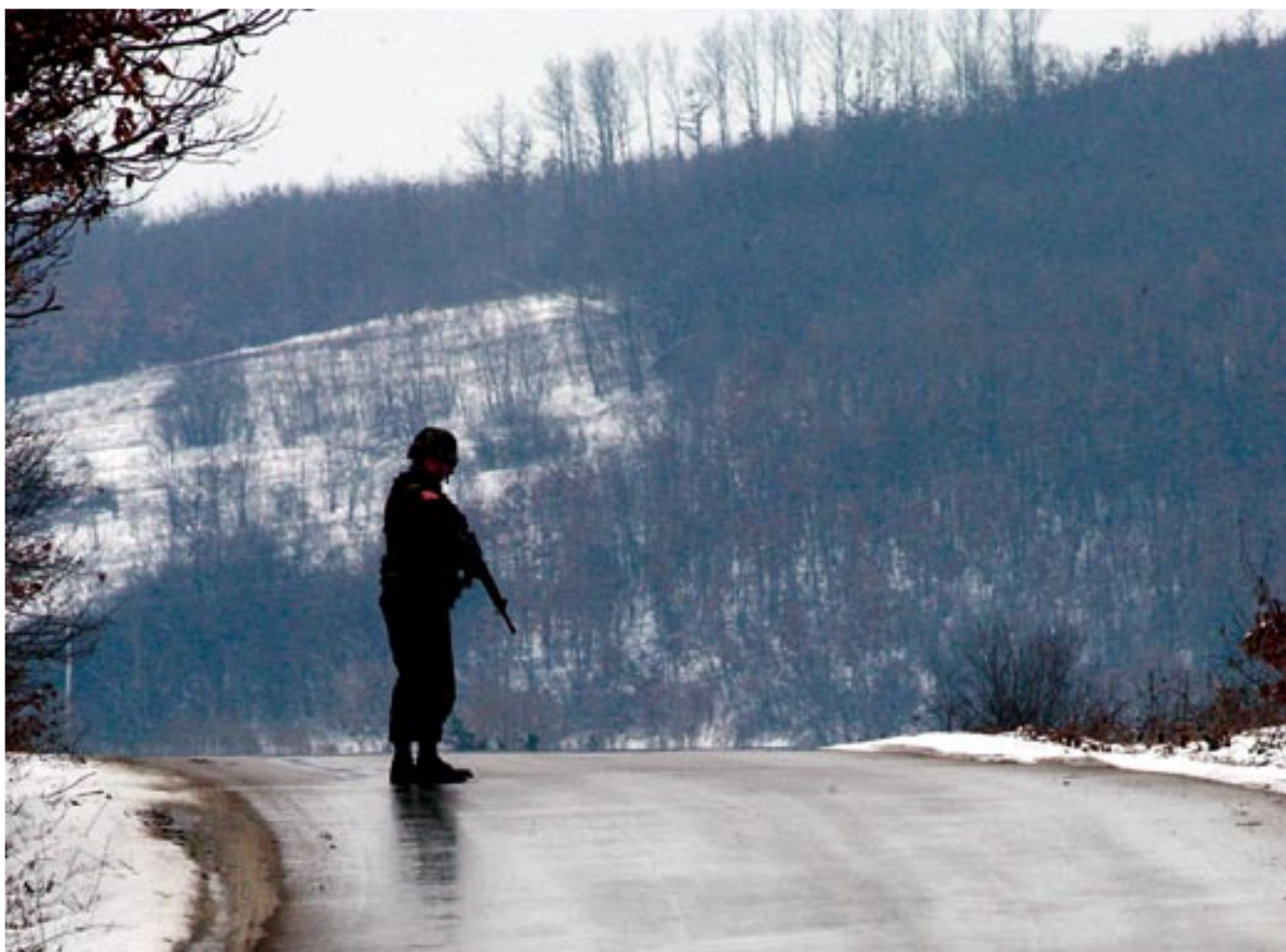
However, Sgt. Hernandez and his crew aren't the only ones dedicated to these principles. These same attitudes can be found all throughout Task Force Sidewinder. The right attitude toward hard work supported the additional training received at Ft. Lewis and Hohenfels, Germany.

It was at Hohenfels that soldiers engaged the squad, platoon and company situational training exercises (STX). Built with the Army's crawl, walk, run mentality, the training ended with the "run portion," the mission readiness exercise (MRX).

"The MRX was the first time we had the chance to put the planning piece and the execution piece together to make sure we coordinated the way we should," said Maj. P. Szczepanski, commander of Task Force Sidewinder.

Execution elements like 3<sup>rd</sup> Squad, 3<sup>rd</sup> Platoon A Company, 1-160<sup>th</sup> Infantry were able to help the command

*See Hard work, page 23*



# Somewhere down the road

*Story by Staff Sgt. R. David Kyle*

During the course of your career as a soldier, hundreds of peers, subordinates, and superiors may cross your path. You will see comrades come and go; old friends replaced with new. Over the course of time you may forget some of those you have served with, the passing of years casting a fog over your memory. However, there are other times when you meet someone who is unique enough to keep a grasp on your memory, even if it is a faint one.

"I probably saw him first when I was processing through the AFEES (Armed Forces Entrance and Examination Station)," said First Sgt. John C. Rizzo, Company A, 578th Engineers. "It was a different world then, but he remembers more of this stuff than I do."

For Rizzo and his buddy, nearly 33 years have passed since the start of their Army careers at that processing station in Oakland, Calif.

A young man joined the service for a

variety of reasons and during the closing years of Vietnam, Rizzo was looking for options.

"I didn't want to get drafted," said Rizzo. "One minute I was a civilian and the next I was down processing, at the AFEES," he said.

Others chose to volunteer for want of a better paying job. With the promise of a regular paycheck, meals, and training some saw the military as a good career move.

"Well, for me I think it was because the economy was not good and I needed a job that paid a little bit better than what I was doing," said Maj. Oran L. Roberts, Task Force Sidewinder Chaplain. "I had been working on a cattle ranch in Nevada, making about \$225.00 a month and I came back to California because I wanted to get a skill, so I enlisted to become a medical corpsman," he said.

In the early days of Robert's military career he met someone interesting

enough to make a mark on his memory.

"We went through the physical and I remember joking about the hearing test," said Roberts. "There was one long wall and no booths, with everybody lined up with headphones on and pushing the button."

"We kind of got the feeling as long as you were vertical and above room temperature you were going," he said.

For many soldiers, basic training has been the fire where friendships were forged. Homesickness, fear of the unknown, and a new lifestyle all contribute to the stress soldiers find when they reach the reception station. The bond of common experience and sharing in difficult times are things soldiers remember about each other.

"We arrived at the reception station at Fort Ord, Calif. and got off the bus," said Roberts. "Right away there was some cadre shouting at us so we tried to form up into some kind of formation," he said.



After arriving at the reception station, the next few days are filled with haircuts, new uniforms, and shots.

"I remember the shots," said Rizzo. "We walked through and they had two or three guns going and when we were done our arms were bleeding," he said.

"When we came out of there, the first thing they had us do was pushups," said Rizzo. "They dropped us right there and we did pushups until we couldn't stand it," he said.

Roberts recounts a similar experience of his medical processing.

"They rushed us through for our shots," said Roberts. "We got our shots right there with the air guns. Guys were standing there with bleeding arms and some fainted," he said.

Often times the defining moment of a soldier's experience at basic training comes when they meet their drill sergeant for the first time, a meeting very few forget.

"Drill Sergeant Iasimone was short and very athletic," said Roberts. "He was very professional and we respected him right off the bat," he said.

"My drill sergeant used to always crack me up," said Rizzo. "He would come driving up on his Harley and park it right at the front steps, and if anybody got near that Harley they were in deep trouble," he said.

Sometimes when you share your memories and experiences from basic training, you will find them very similar to what others have gone through. When Rizzo and Roberts started sharing their memories with each other they found out there were more than just a few coincidences.

"It was at Fort Lewis when I told him that I knew him from some place," said Rizzo. "We talked off and on while we were at Fort Lewis and I realized I knew him from somewhere else."

After deploying to Hohenfels, Germany, the two started putting the pieces of the puzzle together.

"It was one day when we were sitting in the mess hall at Hohenfels that we finally realized we knew each other," said Rizzo. "We were talking when he said it had been a long time since he had come in. He told me that he joined the Army in '72 so I asked him what month he joined and when he said August and I told him, I did too."

After discovering they joined at

the same time, they probed further and realized they had both attended basic training at Fort Ord. Both remembered the day they drew their uniforms and moved to the barracks for the first time.

"After we had our stuff in a duffel bag we loaded onto the cattle cars and were



**First Sgt. John C. Rizzo, (left) a member of Company A, 578th Engineers and Maj. Oran L. Roberts, Task Force Sidewinder Chaplain reunite in Hohenfels, Germany. When Rizzo and Roberts started sharing their memories with each other they found out there were more than just a few coincidences.**



**For Rizzo and Roberts nearly 33 years have passed since the start of their Army careers at the processing station in Oakland, Calif. Rizzo's photo is located left column, center row. Roberts photo is located right column, center row.**

brought up the hill to the cinder block barracks," said Roberts. "When they divided us up into squads, Rizzo ended up in mine. We had 12 guys in a squad and 50 in the platoon," he said.

For Rizzo it all came together when Roberts mentioned his drill instructor (DI).

"When he asked me if my drill sergeant was Iasimone, I said 'we were in the same platoon,'" said Rizzo. "That is

when it all clicked, so we spent about 20 minutes talking about basic training," he said.

For these two soldiers the fog had lifted and they could now see clearly where they had been and what they had experienced together.

"I remember that he was funny and he (Rizzo) would always have some kind of comment that got us laughing," said Roberts. "I do remember him saying something one time and we were laughing so the DI came out and dropped us," he said.

"He was the squad leader and I was just one of the Joes wanting to get through it," said Rizzo. "I was always doing pushups, because I liked to have fun," he said.

After completing basic training their paths parted as they left for their Advanced Individual Training (AIT).

"For AIT I went to Fort Sam Houston, Texas, for medical corpsman training," said Roberts. "Then I ended up back at Fort Ord with the 329th Medical Clearing Company," he said.

"I wanted to go to Vietnam, but they sent me to Germany," said Rizzo. "I was in supply with Company B 2-67 Air Defense Artillery at Kaiserslautern."

When reassignments come and we leave behind those who have been a part of our lives we can still maintain contact with them. The Army community is small enough that the chances of seeing a battle buddy from basic training or a roommate from our first assignment is possible.

"Try to stay in contact, keep in touch with each other don't let these memories just slip by," said Rizzo. "Now, we talk every once in awhile and I tell him 'man you remember a lot more than I do about basic training,'" he said.

"Basic training was something we held in common, something we went through together," said Roberts. "It was something that changed us both and something we went through that doesn't exist anymore," he said.

Nearly 33 years ago, two young men stepped off a bus into a hot summer day at Fort Ord and began their military careers. For a time they would serve and train together, sharing experiences and building memories. Eventually they would go their separate ways, stepping into the fog and out of touch with each other. Destined to meet again somewhere

# A different kind of service



Above, Skender helps Task Force Sidewinder Supply Sgt. Frank Castorena, Charlie Company 1-160th Infantry at Camp Monteith look for items in the Camp Bondsteel Post Exchange. Right, Skender poses for a picture near the electronics part of the PX which is where he makes most of his sales for AAFES.

*Photos and Story by Spc. Lynette Hoke*

Ray Charles, a blind African American pianist, danced his fingers across 88 keys throughout the 60's. His music and inspirational attitude will be marked in history books because of a contagious uplifting outlook towards life that was obvious to everyone he met. Achieving a lasting impression sometimes doesn't take the spoken word.

Born hearing impaired and mute, Skender Kurtalani, a sales associate of AAFES has never let his disabilities get in the way of portraying a good joke or assisting a customer in trying to decide what television to purchase. Recently, Skender has been awarded Army Air Force Exchange Service (AAFES) employee with disabilities of 2005 for Europe. Skender is also in the running for the AAFES worldwide associate with disabilities for 2005.

Standing about 5 feet 10 inches tall, dark brown hair, blue jeans, sneakers

and a five o'clock shadow-- 31 year-old Skender is only set apart from the rest of the AAFES employees by a small tag below his name badge stating 'hearing impaired.' His inspirational attitude and positive demeanor towards life makes it obvious why he was given the award.

"I believe that Skender never views his disabilities as a hindrance," said Irene Tucker, Store Manager of AAFES at Camp Bondsteel, "He has incredible work ethics and has an awesome eye and comprehension for detail."

Tucker explained how Skender was given a list of a certain number of one item to unload for inventory and stocking. Despite being unable to hear a direct explanation, he found that the inventoried item was significantly short and was able to alert a manager of the overcharge by the vendor.

Beyond saving AAFES money, he has an excellent grasp with customer service.

"He has a super instinct of what the customer could want," said Tucker, "The customer has to just point and Skender just knows."

"Skender can sometimes sell a television faster than someone that can speak," said Lulzim 'Luli' Maloku, the assistant store manager of AAFES at Camp Bondsteel.

When not assisting someone on the sales floor or taking care of other duties, Skender has been known for his comedic side.

"Skender is very much a comedian," said Jenton Ramadani, a sign language interpreter, fellow employee at AAFES and a friend of Skender's. When asked what his favorite CD was, with a sly smirk he went to retrieve Britney Spears "Greatest Hits." Skender may not be able to hear the words of 'Crazy,' but he likes to dance. Being able to feel the vibrations of a cranked up song, he is able



to find a beat and enjoy the octaves of some groups.

Supporting and recognizing people that provide superior service has been a life long commitment with AAFES .

“We go -- Where you go’ is our motto and it is an honor for us to provide exchange activities here supporting the deployed Soldier,” said Mark Stanley, AAFES Exchange Business Manager.

The situation here in support of Kosovo Force (KFOR) 6B provides AAFES some unique opportunities, said Stanley. First and foremost, AAFES tries to provide the basics to help enhance a Soldier’s quality of life and try to bring them a little bit of home, he said.

Among the benefits Soldiers with KFOR receive that their counterparts in Continental United States (CONUS) can’t take advantage of are large screen televisions. Soldiers are able to find a nice assortment in the Exchange Catalogue, located at the customer service desk in AAFES. Soldiers who are deployed or stationed outside CONUS are not limited by House Armed Services Regulations which determine CONUS Stock assortments.

AAFES also has available a program involving new car sales that allows Soldiers comparable pricing on the purchase of new cars. They can order exactly what they want and have it waiting for them upon their return to the United States.

AAFES has also negotiated some exceptional rates for deployed Soldiers with AT&T. Calling home has never been cheaper.

In Kosovo, AAFES has tried to offer a taste of home with the food programs. Anyone can have Anthony’s Pizza delivered at Camp Bondsteel or Camp Monteith. AAFES has also provided Burger King Restaurants with locations at Pristina, Monteith, and Bondsteel. Also, the warm gooey pleasure of Cinnabon is available to Soldiers and personnel at Camp Bondsteel.

With the help of Morale, Welfare and Recreation, AAFES is able to provide first run movies at no charge to the

deployed Soldier. The movie schedules are on the MNBE Webpage and the



Guardian magazine online.

AAFES also oversees other personal services activities located throughout the KFOR community such as the Barber Shop, Beauty Shop, Press Shop, and Photo Processing Center.

AAFES also is in the process of adding wireless (WIFI) internet access to Camp Bondsteel. Upon completion, the pioneer project will be deploying the same service to Camp Monteith.

“AAFES is not “zero” defect,” said Stanley, “AAFES has challenges and there are times when we can’t provide the services or merchandise that we would like to deliver.”

AAFES is also limited on the size of their stores. However, this does not mean that AAFES can’t improve their operation and service to the customer. “We need your help,” he said, “We can’t fix things unless we know they’re broken.”

The same goes for our merchandise availability. There may be something that AAFES does not stock that makes sense for the Soldiers but for whatever reason is not carried. Please give AAFES feedback, Stanley said.

The local Post Exchange (PX) offers

a customer comment program that allows the Soldier to suggest or report on anything pertaining to AAFES operations. They are constantly on the lookout for ideas that would help us become better customer servants.

AAFES also holds regular PX Advisory Council meetings. Each unit should have a representative who can elevate comments and concerns to AAFES in that forum.

Information on when and where the meetings are held should be posted on the Task Force Falcon information website and in AAFES activities.

“Any of our customers is invited to fill out a customer comment sheet that is located next to the main entrance of the PX,” said Stanley.

“The bottom line is that we are here for you,” said Stanley, “We have an experienced crew of hard-working associates who are more than willing to do what it takes to make your deployment as comfortable and enjoyable as possible.”

## **CAMP BONDSTEEL**

*Main PX 781-3122*

*Burger King 781-3836*

*North Shoppette 781-3878*

*Anthony’s Pizza*

*781-3880/3881*

*Cinnabon 781-3836*

*Beauty Shop 781-4554*

*Press Shop 782-3824*

*DSN Wireless Internet*

*782-4629*

## **CAMP MONTEITH**

*Main PX 782-7100*

*Anthony’s Pizza 782-7300*

*Beauty Shop 782-7063*

*Barber Shop 782-6063*

through training and experience in one of the many aviation occupations according to Ernal Haxhiu, assistant center director of ERAU in Giebelstadt, Germany.

The Bachelor of Science degree program requires 120 semester hours, while an associate's degree is only 60 semester hours. All bachelor's degree students are required to complete a minimum of 30 credit hours (associate's degree 15 hours) of course work with ERAU in order to meet University residency requirements for graduation.

"Each student's aviation specialty is used as the foundation of their curriculum, but they are also required to take courses in communications, computer science, humanities, mathematics, and physical sciences to provide the essential, basic academic education found in every Embry-Riddle degree program," said Haxhiu.

"The remaining components in the curriculum feature opportunities for students to select courses that fit the career paths they have planned."

Distance Education (DE) is convenient for students who cannot take a regularly scheduled course due to their location or work schedule. However, DE is not for everyone. To be successful with DE courses, students must develop their own study schedule. For most courses, they must also have frequent access to the Internet. The failure rate for DE courses is much higher than for classroom courses, and students who fail are required to reimburse the Army the tuition paid to the school.

### **Testing**

Should a Soldier be familiar enough with a certain subject, they can take the Defense Activity for Non-Traditional Educational Support (DANTES) test. Tests are available in the areas of business science, humanities, mathematics, social science, and education. If Soldiers receive a passing grade on any of these tests, it will count as course credit for that subject.

Soldiers desiring to advance their careers may want to consider taking some of the Army Personnel Tests (APT) offered at the Education Center. Tests offered range from language battery tests to flight aptitude evaluations as well as the Armed Forces Classification Test.

Thinking about going to any non-

commissioned officer course? If so, Soldiers may try the Test of Adult Basic Education. This test assesses a Soldier's level of education, and whether they meet the criteria for attending NCOES courses.

Courses are also offered that can help NCOs improve their performances as leaders. The Advanced Skills Education Program offers NCOs a chance to improve their leadership skills. The courses involve 20 hours of on-duty training, and are funded by USAREUR.

Due to the structure of Advanced Skills Education Program courses, only 20 students can be admitted for each twenty-hour block of instruction. For more information or to schedule an Advanced Skills Education Program class, contact Amy Ahyo at the Camp Bondsteel Education Center at DSN 781-3188.

### **Head Start Programs**

Planning on going 'outside the wire'? Want to learn about the local cultures and how to speak the languages? Enroll in either the Albanian or Serbian Head Start program.

Each is a twenty-hour block of instruction on the basics of the language, customs, and culture. This class gives Soldiers the basics for interaction, as well as a better understanding of two of the ethnic groups in Kosovo.

### **Functional Academic Skills Training**

For Soldiers wanting to improve their reading, mathematics, and language skills, there is the Functional Academic Skills Training program. The program's objectives are to improve job performance, prepare Soldiers for more advanced academic courses, increase military career options, and enhance educational skills.

The Functional Academic Skills Training program is a free, 60-hour academic course and is limited to 20 students. Pouncy recommends that military personnel with a General Technical (GT) score below 100 or without a high school diploma take this course.

### **Service Members Opportunity Colleges**

Another program offered is the Service Members Opportunity Colleges. These are schools that have agreed to accept the training service members have received through the military as col-

lege credit, and allow these credits to be transferred from one school to another. Further information about this program can be obtained at the education center.

### **Army Learning Center**

Soldiers wanting a quiet place to study, or needing to do research for classes, can use the Army Learning Center. The Army Learning Center has many resources available, including exams, language guides, and complete reference sets by Peterson and the College Board.

Education assistance this good doesn't come around often. Don't waste the opportunity.

## **TOA** (Continued from Page 13)

civil authorities, helping them restore order, and putting troops on the streets."

As the colors were exchanged from outgoing commander, Brig. Gen. Tod Carmony through Commander Kosovo Forces, Lt. Gen. Yves de Kermabon to Brig. Gen. William Wade II, there were many dignitaries looking on which included Kosovo Prime Minister, Ramush Haradinaj. Those special guests traveled through heavy morning snowfall to attend the ceremony--an event that highlighted KFOR-6B's diverse composition.

"We hail from states across the U.S.," Gen. Wade said proudly as he went on to name California, Kansas, New Mexico, Pennsylvania, Iowa, Minnesota, and Mississippi as having units participating in KFOR 6B. "We also represent a large cross section of nationalities and religious backgrounds."

While the sun rises for the "Sunburst Division", it sets for the 38th ID as they conclude a successful mission in Kosovo. Brig. Gen. Carmony expressed his thanks to all who supported his "Cyclone Division" Soldiers during the KFOR 6A rotation. In addition, he assured all on hand that the 40th ID is a ready and able group that is present in the province, as Kosovo strives to achieve the standards set by the international community.

"Rest assured, the 40th ID is a well led and disciplined force," said the Ohio guardsmen. "These Soldiers are trained and fully prepared to take on the Multi-national Brigade (East) mission."



the execution piece working together, at the same time providing the necessary training for third squad.

"The MRX gave us the foundation to work on," said Sgt. Joshua W. Hodges, an Assistant Squad Leader for 3rd Squad, 3rd Platoon, A Company, 1-160th Infantry." "The MRX prepared us for a worse case scenario and was some of the best training I have had in the Army."

"Basically, when you're at the MRX, you're doing the patrols," said Sgt. Arturo Andalon, Assistant Squad Leader for 2nd Squad, 3rd Platoon A Company 578th Engineers.

"We call it training, but you're doing it at the level you're going to be doing it in Kosovo. You go with the mentality that I'm already here in Kosovo. I'm doing my regular patrols through the town, taking it seriously so when you get here you're already in that mind-frame," he said.

For Sgt. Andalon that frame of mind is achieved by approaching the training as reality, "OK, I'm not training," said Andalon. "I'm doing my actual job. Walking through the streets, talking to a principal of a school, just making contact in the city or setting VCP's (Vehicle Check Points) out throughout the city. It's just one step you have to get through to actually come here and do the job," he said.

Doing this "job" is something Sgt. Andalon knows well. He's been here once before.

"I was here in 2001," said Andalon "In 2001, we were in charge of Gnjilane and there's been changes, there's a lot more people." However, the big change Sgt. Andalon is focused on is his sector, and the Left-Seat/Right-Seat ride provides that learning. "They're teaching us everything they know," he said.

"We have a real big sector and one thing is that we have to be careful not to cross the Administrative Boundary Line (ABL). We've been going through our sector in the past few days, going through the roads, showing us the back roads. I think that's one of the first things we have to get down before we actually start doing our patrols. Learn our area where we're going to be operating for the next year," said Andalon.

Both Andalon and Hodges are infor-

mation sponges taking in all they can before their counterparts leave.

"The biggest benefit will be going through the procedures of preparing for a patrol and what to do when we return," said Hodges.

"We need to learn from the outgoing people. They have been here for six months and they know what is normal for the area. The biggest thing we can learn from them is what is normal."

For Task Force Sidewinder, "normal" is the right attitude toward training and soldiers equipped to do the job. Both Hodges and Andalon drive their soldiers toward proficiency.

"Training makes a soldier proficient," said Hodges. "The soldiers in my platoon have been together for a long time and they know what is expected; they can be given a task and you don't have to watch them do it. In my mind that makes them proficient."

Sgt. Andalon agrees, "We've had plenty of training since Ft. Lewis," said Andalon.

"We went to Germany, we've gone through the stages of prepping up for the mission and now there's no more time for training now they're ready for it," he said.

Maj. Szczepanski knows what makes his soldiers ready for the mission. He attributes that success to the attitudes of strong NCOs and committed soldiers all across TF Sidewinder.

So what should these committed soldiers and strong NCOs such as Sgt. Hernandez, Sgt. Andalon and Sgt. Hodges expect from this year-long deployment? The Task Force Commander made it clear.

"What they should expect is a lot of hard work; they should expect the kind of adventure they signed up to get; they should expect to go to an exciting foreign land, meet interesting people and help them progress towards a better future. And maybe they will get to have some fun along the way.

The deployment in Kosovo is a yearlong stretch of pavement on the highway of life. Miles down the road, Task Force Sidewinder will turn the keys over to a different driver. For whoever that may be, one thing is sure; they'll be driven toward mission accomplishment.

Thiamin, Riboflavin, Niacin, Pyridoxine, Folic Acid, Cyanocobalamin and Biotin, which all work in different areas of the body.

Now that we understand what vitamins are and how they work, we can figure out some of the best sources for our diet.

Excellent sources of Vitamin A are broccoli, spinach and carrots meaning you need to eat those vegetables. For Vitamin D, milk, egg yolk or getting enough sunlight. To receive Vitamin E, wheat germ, tofu, shrimp and sweet potatoes are some key ingredients. A big source of Vitamin C is oranges, as well as grapefruit juice, strawberries and kiwi.

For the group of B Vitamins, there are many different possibilities. Thiamin can be found in spinach, green peas and watermelon. Riboflavin is in broccoli, mushrooms and eggs. Niacin can be found in potatoes, tomato juice and chicken breast. Folic Acid has several possibilities with green beans, broccoli, asparagus, okra and black eyed peas.

With your new knowledge of vitamins, it is important to remember what role vitamins play in a balanced diet. If, for some reason you have a hard time swallowing these major sources of vitamins, there are supplement options.

One important thing to remember is to consult your doctor before taking a multi-vitamin. There is a possibility of overdosing on certain vitamins. By being conscience of what you eat and the vitamins which everyday foods provide, you can prevent this from happening.

You can buy a multi-vitamin to replace the vitamins you're not getting everyday. While the idea of just taking a vitamin seems easy, it should not be supplemented for food.

The idea of eating a balanced diet by following the food pyramid is still important and taking a multivitamin does not guarantee success or disease prevention. By using the food pyramid as a guideline on how much vitamins your meals are providing you, gauging the amount of supplements you need will be much easier.

There are many types of multivitamins available, so don't forget to read the label and consult your doctor on what is appropriate for your body type. ★

# Parting Shots



PHOTO BY SGT. 1ST CLASS JOHN MAKAMSON